

Great Coconut Flour Recipes

by Coconut Country Living

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1. Intro

Coconut flour is a fickle beast. A beast that needs to be tamed, yes, but still the world's greatest companion for those seeking a gluten-free low-carb alternative to wheat and all of its downsides. Coconut flour's super-absorbency, though known to inhale eggs or any liquids it comes in contact with, actually serves through its indissoluble fiber to help with weight control. The same mechanism that helps you feel full is the same one that's great for detox: the fiber from this powerful super-food pushes the bad stuff out of the body while slowing down digestion enough to cancel all out almost all of the effect of its (low) natural sugar content.

While it can be a little tricky to get something like a pizza or pasta recipe *just right*, this amazing flour is actually quite versatile in the kitchen. Not only is it great for baking and cooking sweet and savory items, it can even be used for cooking and is a great thickening agent in sauces and curries. Just make sure that you sift the coconut flour through a colander to get an accurate amount and get it the right consistency for baked and cooked products.

While my own personal health concerns had me make the scary plunge in the great world of paleo delicacies, our family didn't choose our famous [Cookoo](#) to promote simply because it was non-gluten, low-carb, and hypoallergenic. We were looking for a total health solution, which is why we made sure it was organic and why we recommend you cook with food items untainted by genetically modified or polluted sources. In short, if you have the chance, we recommend you stick with the ingredients in the following recipes if you are seeking maximum health. If you don't quite get why we would make these recommendations, we invite you to [join us on our little adventure](#) as we tell you why! We're actually promoting our last coconut flour coupon right now if you'd like to get it at the link above for the lowest price on Amazon.

First, if you notice below, we recommend organic or non-gmo ingredients for the following items (more about the distinction [here](#)). This is especially important in

1. Meat and dairy: while some may be against the long-held tradition of drinking raw milk, death and sickness actually almost always come from ecoli-contaminated dairy products from factory farms. When possible, it's best to get pastured dairy products, grass fed, organic, and in my opinion, to get it *raw* (to preserve natural enzymes and probiotics). A similar situations have been found with meat in regards to sanitary and health concerns.
2. Produce: like dairy, produce can be contaminated by pesticides such as the infamous *Roundup* of *The Monsanto Corporation*. It's also best to get the non-GMO variety of corn and zucchini. This extends to products derived from corn or that contain corn or beets, such as cornstarch, baking powder, and sugar, and cooking oil, which often contains canola oil, which has also been genetically modified. It's also important that if you use olive oil that you know what vineyard or at least country processes it. Olive oil processed in *multiple* countries is almost always a conglomeration of low quality oil, or even worse, a mixture with GMO oils such as canola or soy.

Other ingredients? There's also another couple things to keep in mind if you'd like to keep your family "crunchy", as the saying goes. Stay clear of

(a) Other additives: Baking powder can also contain a form of aluminum not necessarily good for the human body, so try to get this product aluminum free.

(b) Products mined or caught in the North Pacific near Northwest Japan. The Fukushima Da-ichi nuclear disaster was the worst nuclear incident ever, to put it simply, with TEPCO itself even catching the most radioactive fish ever off the coast of Japan. Even the milk in Hawaii has been measured at over 10000% its normal radiation level, with no realistic hope that deadly nucleotides will be non-threatening any time soon. Best to get salt and seafood from other parts of the world.

A Last Word About Nuts & Honey

How could I not end on a sweet note after writing about something so dreary! Honey is an *amazing food* that could certainly hold its own with coconut flour. We recommend using honey instead of table sugar (cane sugar is non-GMO) because it just seems to sit better with the human body than processed sugar. However, the problem is that not everything marked “honey” is actually *honey*! Most likely the “big brand” honey you buy in grocery stores, not from a single farm, is honey-flavored corn syrup or some illegally imported concoction from China. This can be proven by the noticeable lack of *any* pollen found in the vast majority of the big brands (which is actually very expensive to remove and why in the world would they remove it anyway?). Moral of the story: look for local honey, it has actually been shown to help people against natural allergens in their area anyway.

As far as nuts go, you'll generally find you get a *really* nice taste from your nuts when they are soaked and then dehydrated. This also takes away anti-nutrients naturally present in nuts so you can get all of their nutritional value.

All this to say that coconut flour recipes aren't just about having something sweet and nutty! Let's have a look at the other side, shall we? Something savory, please?

2. Bonus

SURPRISE BONUS

A Very Special Nut



Hey, we really appreciate your purchase of *Great Coconut Flour Recipes*, so before we forget, we'd like you to enjoy our complimentary report on *the great gluten cure*: Chocolate!

No, we're not saying we have obliterated Celiac disease from the face of the Earth quite yet, but we've discovered a remarkable soy- and GMO- and gluten-free way to make the most *delicious, nutritious, and mouthwatering chocolate*. We just want to give you *this secret access to our powerful weapon against non-gluten fatigue with a perk me up sure to be a crowd pleaser and motivator when you are at the end of your non-gluten rope!*

Just click the link [here](#) for instant access!

3. Chapter 1: Savory Recipes

SAVORY

3.1. Amazing Arincini (Sausage and Cheese)



Ingredients (Makes 1 Dozen)

1 Cup short-grain rice

2 Cup water

2 Tablespoons Coconut Oil

1/2 Cup diced cheddar/shredded cheese

½ Pound Ground Pork/Sausage

1 Large egg

¼ Teaspoon ground pepper

2 Medium cloves minced garlic

1/2 Cup coconut flour

Recommended dipping sauce (tomato or marinara)

Instructions:

1. Pre-heat the oven to 400 degrees.
2. Bring the water to a boil, add the rice and ¼ teaspoon salt and turn to simmer and cover with tight-fitting lid, and cook for 18 more minutes.
3. Turn off burner, remove from the heat and let stand for 5 minutes. Fluff with fork to avoid sticking, but make sure it is cool before making your arincini.
4. Prepare small bowl and fill with the coconut flour.
5. Chop sausage into small pieces or use ground pork to mix with finely diced cheddar cheese or shredded cheese and place in small bowl.
6. Using a scoop or your hands, form the rice mixture into balls.
7. Create a deep pocket in the middle of each ball with your thumb and fill with sausage cheese mixture.
8. Craft extra rice to resume ball shape to cover sausage and cheese.
9. Dip each rice ball into the bowl to cover with coconut flour.
10. Then dip coconut flour balls into beaten egg mixture to cover thoroughly and then back into coconut flour bowl to cover again with coconut flour.
11. Place on a baking sheet lined with parchment and bake for 15 minutes. Rotate the rice balls and continue baking for an additional 10 - 15 minutes or until they are golden brown. Serve hot with or without dipping sauce.

3.2. Chomp These Cheddar Cheese Biscuits

Chomp These Cheddar Cheese Biscuits



Ingredients:

(please see note on organic ingredients in intro):

1/ 3 cup coconut flour

1 1/2 cup grated cheddar cheese

1/ 4 cup pastured butter, melted

4 large pastured eggs

1/ 4 teaspoon cayenne pepper powder

2 cloves garlic, minced

1/ 4 teaspoon North Atlantic sea salt

1/ 4 teaspoon freshly ground black pepper

A pinch of dried, crushed basil (or slightly more fresh and shredded)

1/ 4 teaspoon (aluminum and corn free) baking powder

Procedures:

1. Preheat oven to 400°F and cover a baking sheet with parchment paper or use a baking mat.
2. In a medium bowl, beat together eggs, butter, salt, cayenne, pepper, basil, and garlic.
3. Mix in the coconut flour and baking powder until well blended.
4. Stir in the cheese.
5. Using a cookie scoop (or ice cream scoop if not available) about 2 tbsps. big and drop the batter in uniform blobs onto baking sheet.
6. Bake for 13-15 minutes, until golden brown.
7. Allow to cool on a wire rack.

3.3. Orange Poppy Seed Muffins



Ingredients:

- 1/ 2 cup of coconut flour
- 1/ 2 teaspoon of sea salt
- 1/ 4 teaspoon of baking soda
- 4 large eggs
- 1/ 3 cup coconut oil for cooking
- 1/ 2 cup raw pastured honey
- 1 tablespoon vanilla
- 1 tablespoon poppy seeds
- 1 tablespoon orange zest

Procedures:

1. Preheat the oven to 350°F, and grease a standard muffin tin.
2. Combine the flour, salt, and baking soda, orange zest, and poppy seeds in a large bowl, mix until well combined.
3. Stir in the eggs, oil, honey, and vanilla, until well combined, too.
4. Scoop the batter into the muffin tin, about 2/ 3rds full, and bake for 18-20 minutes.
5. A toothpick inserted in the center will come out clean when they are properly cooked.

3.4. Coconut Flour Tortillas

Coconut Flour Tortillas



Ingredients:

- 4 tablespoon coconut flour
- 1 teaspoon baking powder
- 12 tablespoons egg whites (8 egg whites)
- 8 tablespoons coconut milk
- A pinch of turmeric (optional)

Procedures:

1. In a medium bowl, beat all the ingredients until well blended with no lumps appearing.
2. Heat a skillet or griddle over medium heat and pour a small amount of batter onto the skillet when at proper temperature.
3. Swirl the pan around to thin out the batter, and then flip tortilla over carefully with a turner when it begins to set.
4. Cook slightly on the other side, and then remove to a plate to cool or serve. This recipe makes 4 medium-

sized tortillas.

3.5. Presto Zucchini Cakes



Presto Zucchini Cakes

Ingredients:

- 2 large zucchini, grated
- 3 tablespoons grated Parmesan cheese
- 3 tablespoons coconut flour
- 2 large eggs, beaten
- 1 teaspoon lemon juice
- 1 teaspoon garlic powder
- ½ teaspoon salt
- ¼ teaspoon turmeric
- Pinch of ground black pepper

Procedures:

1. Squeeze as much fluid from the grated zucchini as possible.

2. In a mixing bowl, stir all the ingredients until well mixed.
3. Grease a heavy skillet with coconut oil and place it over medium-high heat.
4. Drop the zucchini mixture in heaping tablespoons on the skillet.
5. Cook the cakes for 1 to 2 minutes on each side until crisp and brown.
6. Pat with clean towels and serve hot.

3.6. Garlic Parmesan Biscuits (higher carb count)



Ingredients:

- 1 cup white rice flour
- ½ cup coconut flour, sifted
- 1 cup grated Parmesan cheese
- 1 cup unsweetened almond milk
- ½ cup coconut oil, melted
- 3 large eggs, separated
- 2 tablespoon (non-GMO) cornstarch
- 1 tablespoon (aluminum and corn free) baking powder
- 2 teaspoon garlic powder
- ½ teaspoon onion powder
- 1 teaspoon chia seeds

¼ teaspoon salt

Procedures:

1. Preheat oven to 375 ° F and cover a baking sheet with parchment.
2. Combine the dry ingredients in a mixing bowl and stir it well.
3. In another bowl, beat together the egg yolks with the almond milk and coconut oil.
4. Make a little hole in the middle of the dry ingredients and pour in the egg yolk mixture.
5. Whisk until smooth, combine, and then fold in the Parmesan cheese.
6. Beat the egg whites until soft peaks form then fold into the batter with the other ingredients.
7. Drop the biscuit batter onto the baking sheet in heaping tablespoons.
8. Bake for 12 to 15 minutes until it puffs up and the edges turn golden brown.
9. Let cool until ready to serve.

3.7. Crispy Corn Fritters



Ingredients:

- 1 cup corn kernels, fresh
- ¼ cup coconut flour
- ¼ cup fine yellow (non-GMO) cornmeal
- 2 large eggs, beaten
- 2 tbsp. coconut oil, melted
- ¼ teaspoon garlic powder
- ½ teaspoon parsley
- ½ teaspoon North Atlantic salt

Procedures:

1. Pulse the corn kernels in a food processor until pureed.
2. Add the remaining ingredients and blend until well combined.
3. Grease a heavy skillet with cooking oil and heat skillet over medium-high heat.

4. Place a small amount of the mixture (about $\frac{1}{4}$ cup) into the heated skillet and gently press down to flatten.
5. Sauté for about 5 minutes, on each side, or until golden brown.
6. Drain on paper towels before serving.

3.8. Coconut Chicken Poppers

Coconut Chicken Poppers



Ingredients:

- 1 lbs. boneless skinless chicken, chopped
- ¼ cup shredded coconut, unsweetened
- 3 tablespoon coconut flour
- 1 large egg
- ¼ teaspoon garlic powder
- ¼ teaspoon powdered black pepper
- 1/8 tsp. onion powder
- 1/8 tsp. turmeric
- ¼ teaspoon crushed red pepper
- 1 teaspoon salt

Procedures:

1. Preheat oven to 350 ° F and line a baking sheet with aluminum foil.

2. Beat egg in a small bowl. In another bowl, combine the shredded coconut, coconut flour, salt, garlic powder, onion powder, turmeric, and pepper.
3. Dip the chopped chicken pieces in the egg then dredge in the coconut mixture until well covered.
4. Arrange the chicken pieces equally spaced on the baking surface and bake for 15 to 20 minutes until cooked through and crispy.
5. Serve hot with your favorite sauce.

3.9. Crispy Hot Wings



Ingredients:

- 2 lbs. chicken wings
- ½ cup coconut flour
- 1 teaspoon red pepper flakes
- 2 tablespoons apple cider vinegar
- 1 tablespoon coconut oil, melted
- ½ cup hot sauce
- ½ teaspoon cayenne pepper
- ¼ teaspoon smoked paprika
- Cooking oil

Procedures:

1. Preheat oven to 425 ° F and line a baking sheet with aluminum foil.

2. Combine the chicken wings with the vinegar, oil and spices in a large bowl.
3. Thoroughly coat the chicken with spice mixture by tossing.
4. Add the coconut flour and then toss again to coat evenly.
5. Pour about ½ inch of cooking oil in a large skillet and heat until steaming.
6. Add the chicken wings and cook for 2 to 3 minutes on each side until brown.
7. Transfer the wings to the baking sheet and bake for 18 to 22 minutes until cooked through.
8. Drizzle or toss with the buffalo sauce to serve.

3.10. Rosemary-Herbed Meatloaf

Rosemary-Herbed Meatloaf



Ingredients:

- 1 ¼ lbs. lean ground beef
- ½ lbs. ground lamb or pork
- ¼ lbs. lean ground turkey
- ¼ cup coconut flour
- 3 large eggs, beaten
- 1 tablespoon dried rosemary
- 1 teaspoon minced garlic
- ½ teaspoon black pepper
- 1/8 teaspoon cayenne pepper
- 1 cup finely diced yellow onion
- 2 teaspoon salt

Procedures:

1. Preheat oven to 350 ° F and lightly grease a regular loaf pan.
2. Combine all of the ingredients in a bowl and stir around thoroughly.
3. Transfer the mixture into the loaf pan and pat down by hand, spreading evenly.
4. Bake for an hour until the meat is cooked through to an internal temperature of at least 165 ° F (use baking thermometer).
5. Turn out onto a cutting board and let it rest for 5 to 10 minutes before slicing to serve.

3.11. Sweet Potato Latkes



Ingredients:

- 1 lbs. sweet potato, grated
- 2 tbsp. coconut flour
- 2 tbsp. finely shredded cheddar cheese
- 2 large eggs, beaten
- ¼ teaspoon black pepper
- ½ teaspoon salt

Procedure:

1. Squeeze as much moisture from the sweet potato as possible and place it in bowl.
2. Add the remaining ingredients then stir to combine.
3. Preheat an electric griddle over medium-high heat.
4. Spoon the sweet potato mixture onto the griddle using an ice cream scoop.

5. Cook for 2 to 3 minutes on each side until lightly brown and heated through.

6. Serve hot.

3.12. Eggplant Parmesan



Ingredients:

- 2 medium eggplant, sliced into 1/4-inch slice
- 1/2 cup plain dried gluten-free breadcrumbs (can be made from coconut flour bread)
- 1/4 cup sifted coconut flour
- 8 to 12 oz. shredded mozzarella cheese
- 4 large eggs
- 2 cups marinara sauce
- Pinch of oregano
- Cooking oil (preferably coconut)
- Salt

Procedure:

1. Arrange the slices of eggplant on towels and sprinkle liberally with salt.

2. Let the slices sit for about an hour then pat it dry.
3. Preheat the oven to 350 ° F and lightly grease a glass-baking dish with oil.
4. Beat the eggs in a shallow dish and set aside.
5. Combine the breadcrumbs and flour in another shallow dish.
6. Dip the eggplant in the egg then dredge in the flour mixture.
7. Heat about 1/2 inch of oil in a large skillet and add the eggplant slices.
8. Fry for 1 to 2 minutes on each side until lightly brown.
9. Transfer the slices in to the baking dish and cover with marinara sauce.
10. Top with shredded mozzarella and sprinkle with grated Parmesan and oregano.
11. Bake for 20 to 30 minutes until the cheese is melted.
12. Serve hot.

Note: Some individuals with *arthritic symptoms* may be *sensitive* to eggplant.

3.13. Lemon Coconut Flounder



Ingredients:

1/4 cup shredded coconut, unsweetened

4 of 6 oz. flounder fillets

2 tablespoon coconut flour

2 tablespoon lemon juice

1 tablespoon lemon zest

Salt and pepper to taste

Procedures:

1. Preheat oven to 350 F and line a baking sheet with foil.
2. Cut each of the fillets in half and rinse them then pat dry with paper towels.
3. Combine the coconut, coconut flour and lemon zest in shallow dish.
4. Season the fish with salt and paper to taste, then toss with the lemon juice.
5. Press the fish into coconut mixture, coating each side, then place the fillets on the prepared baking sheet.

6. Bake for 12 to 15 minutes until the fish flakes easily with a fork and the coating is brown.

7. Serve hot.

4. Chapter 2: Sweet Recipes

SWEET

4.1. Cinnamon Apple Walnut Raisin Scones

Cinnamon Apple Walnut Raisin Scones!



Ingredients:

1 cup sifted coconut flour
½ cup chopped apple
1/3 cup finely chopped walnuts
1/6 cup raisins
¼ cup unsalted butter (or coconut oil), softened
½ cup unsweetened applesauce
4 tablespoons of whole milk or equivalent
1/3 cup raw honey
6 large eggs, lightly whisked
1/4 tsp. ground cinnamon
½ tsp. baking soda
¼ tsp. salt

Procedures:

1. Preheat the oven to 350 ° F and line a baking sheet with parchment paper.
2. Combine walnuts, apple pieces, and raisins in separate bowl
3. Combine the dry ingredients in a food processor and pulse to combine.

4. Add the butter, applesauce, honey, eggs, and pulse until smooth.
5. Drop the batter onto the prepared pan 2 tbsp. at a time, shaping if desired.
6. Make indentation in each blob with your thumb to create a crater to be filled with apple raisin walnut mixture.
7. Fill indentation and smooth over any cracks with extra batter.
6. Bake for 15 to 20 minutes until lightly browned.
7. Cool before serving.
8. Best with milk, herbal tea, or maca coffee.

4.2. Banana Berry Muffins

Banana Berry Muffins



Ingredients:

- 1 cup blueberries, frozen or fresh
- 1 ripe medium-sized banana
- 1 cup coconut flour
- 1/ 2 teaspoon salt
- 1/ 2 teaspoon baking soda
- 6 eggs
- 1/ 3 cup honey
- 1/ 3 cup coconut oil
- 1 tablespoon vanilla extract

Procedures:

1. Preheat oven to 350 °F and grease a standard muffin tin.

2. In a large bowl, combine the flour, salt, and baking soda.
3. In a medium bowl, whisk together the eggs, honey, oil, well-mashed banana and vanilla.
4. Add the wet ingredients to the dry ingredients, and stir until well combined.
5. Gently fold in the blueberries.
6. Spoon the batter into the muffins tins, 2/3rds full.
7. Bake for 16-20 minutes, until springy and golden brown.

4.3. Oatmeal Raisin Cookies (higher sugar & carbs)



Ingredients:

1/3 cup coconut flour

3 cups rolled oats

1 cup raisins

1 cup sugar

$\frac{3}{4}$ butter

1 large egg

2 tablespoons honey

1 teaspoon vanilla extract

2 teaspoons cinnamon

$\frac{1}{4}$ teaspoon salt

1/ 2 teaspoon baking soda

Procedures:

1. Preheat oven to 350 °F and line standard cookie sheets with parchment paper.
2. In the bowl of a stand mixer, cream the butter and sugar together.
3. Add the egg, vanilla, and honey, and beat until light and fluffy.
4. Add the coconut flour, cinnamon, salt, and baking soda, and mix until well combined.
5. Stir in the oats and raisins.
6. Scoop the dough onto the prepared baking sheet, and bake for 13-15 minutes, until they beginning to turn slightly golden and the edges are cooked through.

4.4. Berry Nice Smoothie

Berry Nice Smoothie



Ingredients:

- 1/ 2 cup blueberries or raspberries
- 1/ 4 cup strawberries
- 1 cup crushed ice
- 1 tablespoon honey
- 1 tablespoon coconut flour

Procedures:

1. Place all ingredients into the blender, and pulse until smooth.
2. Serve immediately.

4.5. Chocolate Bundt Cake



Ingredients:

- 2 cups coconut flour
- 1 and 3/4 cups granulated cane sugar
- 1 and 1/3 cups buttermilk
- 10 eggs
- 1 cup butter
- 1 cup Dutch processed cocoa powder
- A pinch of cinnamon powder
- 1 1/2 teaspoon baking soda
- 1/2 teaspoon (aluminum and corn free) baking powder
- 1 teaspoon salt

Procedures:

1. Preheat oven to 350 °F, and grease a standard Bundt pan with coconut oil.
2. In the bowl of a stand mixer, cream the butter and sugar until light and fluffy.
3. Beat in the eggs, two at a time, and scrape down the bowl after each addition.
4. Mix in the vanilla.
5. In a small bowl, combine the flour, cocoa powder, baking soda, baking powder, and salt, whisking it to combine.
6. Add the buttermilk and wet ingredients to the egg mixture, alternating three times (flour, buttermilk, flour).
7. Beat until well combined.
8. Pour the batter into the Bundt pan, and bake for 35-45 minutes, watching carefully towards the end to make sure it is not overdone.
9. The cake is ready once a toothpick inserted in the thickest point comes out with wet crumbs.

4.6. Chewy-Gooey Chocolate Chip Cookies (higher carbs & sugar)



Ingredients:

$\frac{2}{3}$ cup coconut flour

$\frac{1}{3}$ cup tapioca flour

$\frac{1}{2}$ tsp baking powder (aluminum free)

$\frac{1}{4}$ tsp baking soda

$\frac{1}{8}$ tsp cinnamon powder

$\frac{1}{3}$ cup date paste (make by soaking dates in hot water then blend into paste)

1 tbsp raw honey

1 tsp vanilla extract

$\frac{1}{3}$ cup melted coconut oil

2 eggs at room temperature

⅓ cup chocolate chips

Instructions:

1. Preheat oven to 350 degrees.
2. Prepare the date paste ahead of time (For the date paste, place dates in a bowl with boiling water, allow to sit for 2-24 hours, drain, and reserve 1 tablespoon of the water, place in a blender or food processor and blend until a paste is achieved)
3. In a large bowl combine the coconut flour, tapioca, baking powder, cinnamon, and baking soda.
4. Mix in the chocolate chips.
5. In another bowl combine wet ingredients, and stir until well incorporated.
6. Pour the wet mixture into the dry mixture and stir until all ingredients are combined.
7. Using small spoon or scoop to plop batter in blobs on cookie sheet lined with parchment.
8. Shape each cookie batter mound firmly, and smooth together any large cracks.
9. Bake 12-14 minutes.
10. Allow to cool before removing from pan.
11. Serve or keep in airtight plastic container when cooled

4.7. Banana Pecan Bread



Ingredients:

- 1 ½ cup ripe banana, mashed
- 1 cup coconut flour, sifted
- 1/2 cup coconut oil, melted
- 1/3 cup honey
- 4 large eggs beaten
- 4 tbsp. milk
- 1 tsp. ground cinnamon
- 1 tsp. vanilla extract
- A pinch of salt
- 1/3 cup chopped pecans (optional)

Procedures:

1. Preheat oven to 350 °F and lightly grease a regular loaf pan with cooking spray.
2. Whisk together all of the ingredients (except for the pecans) in a mixing bowl, stirring until smooth.
3. Fold in the pecans then pour the batter into the prepared loaf pan.
4. Bake for 40 to 50 minutes until a knife inserted in the center comes out clean.
5. Cool for 10 minutes in pan before flipping out to serve.

4.8. Mini Banana Hot Cakes (higher carbs & sugar)



Ingredients:

- 4 eggs at room temperature
- 1 cup whole milk or equivalent
- 1 cup ripe mashed banana
- 2 teaspoons vanilla extract
- 2 tbsp. honey
- 1 cup coconut flour
- 1 teaspoon baking soda
- 1/2 teaspoon sea salt
- cooking oil

Procedures:

1. Combine the banana, honey, eggs, milk, and vanilla in a food processor. Blend it well.
2. In a bowl, stir together the dry ingredients.
3. Add the dry ingredients to the wet ingredients. Blend until smooth.
4. Grease a large skillet with cooking oil (preferably coconut oil) and place over medium heat.
5. Pour the batter in to the pan in heaping tablespoons.
6. Cook the pancakes until they are easily flipped with a spatula.
7. Let the pancakes cook for 1 to 2 minutes more until they turn lightly brown underneath.
8. Remove the pancakes to a plate and repeat the same procedure with the remaining batter.
9. Serve with your favorite low glycemic fruit

4.9. Blueberry Cobbler (higher carbs & sugar)



Ingredients:

- 3 cups fresh blueberries
- 2/3 cup unsweetened almond milk (best home-made)
- 2/3 cup coconut flour
- 2 cups chopped apple
- 1/2 cup coconut oil, melted
- 4 1/2 tbsp. fine cane sugar
- 1 tablespoon (non-GMO) cornstarch
- 1/2 teaspoon ground cinnamon
- 4 large eggs, beaten
- 1 teaspoon vanilla extract
- 1 teaspoon (aluminum and corn free) baking powder
- A pinch of salt

Procedures:

1. Preheat oven to 350 °F.
2. Combine the blueberries and apples in an 8-quart casserole dish.
3. Stir together 1 1/2 tbsp. sugar, cornstarch and cinnamon and stir it into the fruit mixture.
4. Combine the coconut flour, baking powder and salt in a mixing bowl.
5. In another bowl, beat together the almond milk, eggs, coconut oil and vanilla extract.
6. Beat the dry ingredients into the wet ingredients to form a smooth batter.
7. Spoon the batter over the fruit mixture and spread it evenly.
8. Bake for 45 to 50 minutes until the topping is set.
9. Cool for 10 minutes before serving.

4.10. Chocolate Peanut Butter Brownies (higher carbs & sugar)



**Peanut Butter
Brownies**
(higher carbs and sugar)

Ingredients:

- 1 cup semi-sweet chocolate chips
- 1/2 cup almond flour
- 2 tbsp. coconut flour, sifted
- 4 large eggs, beaten
- 1 cup fine cane sugar
- 1/4 cup coconut oil
- 2 teaspoon vanilla extract
- 1/2 cup smooth peanut butter (just peanuts and salt)
- A pinch of salt

Procedures:

1. Preheat oven to 350 °F and lightly grease a square of glass baking dish.
2. Combine the coconut oil and chocolate chips in a double boiler over medium-low heat.
3. Cook until the chocolate is melted and stir it often.
4. Stir smoothly then remove from heat and set aside.
5. Beat the eggs together with the sugar, vanilla extract, and salt in a bowl.
6. In another bowl, combine the almond flour and coconut flour.
7. Beat the dry ingredients into the wet ingredients then whisk into the chocolate mixture.
8. Pour the batter into the baking dish and spread evenly.
9. Place the peanut butter in a small pot with a tbsp of coconut oil and warm on high in 10-second intervals until melted.
10. Drizzle the melted peanut butter over the batter and swirl it gently with a butter knife.
11. Bake for 25 to 30 minutes until the center is set.
12. Cool for about 1 hour before slicing to serve (can refrigerate when sufficiently cool).

4.11. Strawberry Cupcakes



**Strawberry
Cupcakes**

Ingredients:

- 1/2 cup plus 2 tbsp coconut flour
- 1 cup diced strawberries
- 1/2 cup fine cane sugar
- 4 large eggs plus 2 whites, beaten
- 1 cup sweetened almond milk
- 2 teaspoon vanilla extract
- 1/2 teaspoon baking soda

Procedures:

1. Preheat oven to 350 °F and line a regular muffin pan with paper liners.

2. Stir together the coconut flour, sugar and baking soda in a mixing bowl.
3. Beat in the milk and vanilla extract then beat in the eggs and egg whites.
4. Fold in the diced strawberries then spoon the batter into the prepared pan, filling each cup about 2/3 full.
5. Bake for 25 to 30 minutes until a knife inserted in the center comes out clean.
6. Cool for 10 minutes in the pan before removing to cool completely. Serve at room temperature with your favorite topping or store in tightly closed plastic container.

4.12. Crumbly Chocolate Chip Cookies

Crumbly Chocolate Chip Cookies



Ingredients:

1/2 cup unsweetened almond milk

1/3 cup coconut flour

1/3 cup mini chocolate chips

1/4 cup coconut oil, melted

1/4 cup fine cane sugar

2 large eggs, beaten

1 tsp. vanilla extract

1/4 tsp. salt

1/8 tsp nutmeg

Procedures:

1. Preheat oven to 375 °F and line a standard baking sheet with parchment paper.
2. Beat together the almond milk, eggs, sugar, nutmeg and vanilla extract in a mixing bowl.
3. In a small bowl, stir together the coconut flour and salt then whisk it into the wet ingredients.
4. Fold in the chocolate chips then drop the batter by heaping teaspoon onto the prepared baking sheet.
5. Bake for 10 to 12 minutes until is lightly brown.
6. Cool in the pan for 10 minutes before removing.
7. Serve warm or store in tightly closed plastic container.

4.13. Dark Chocolate Cupcakes (higher carbs & sugar)



Ingredients:

3/4 cup coconut flour, sifted
1/2 cup unsweetened cocoa powder
1 1/2 cup fine cane sugar
1/2 cup coconut oil
1/3 dark chocolate chips
1/4 cup unsweetened almond milk
9 large eggs, beaten
1 teaspoon baking powder
1 teaspoon vanilla extract
Pinch of salt

Procedures:

1. Preheat oven to 350 °F and line a regular muffin pan with paper liner.

2. Combine the coconut oil and dark chocolate chips in a double boiler over low heat.
3. Cook until the chocolate is melted, stirring often.
4. Remove from heat and stir until smooth. Set aside.
5. Combine the dry ingredients in a mixing bowl and stir well.
6. In a separate mixing bowl, beat together the eggs, almond milk and vanilla extract.
7. Mix the dry ingredients into the wet ingredients in small batches until smooth.
8. Whisk in the melted chocolate mixture.
9. Beat the batter for 2 minutes on a high speed, then spoon into the cupcake pan, filling each cup about 2/3 full.
10. Bake for 20 to 25 minutes until a knife is inserted in the center comes out clean.
11. Let it cool in the pan for 5 minutes then transfer to wire racks.
12. Serve warm or store in tightly closed plastic container.

4.14. Chocolate Brownies with Cherries (higher carbs & sugar)



Ingredients:

1 cup semisweet chocolate chips
1/2 cup almond flour
2 tablespoon coconut flour, sifted
1/2 cup dried cherries, chopped
1 cup fine cane sugar
1/4 cup coconut oil
4 large eggs, beaten
1 tablespoon cherry preserves or jam
2 teaspoon vanilla extract
Pinch of salt

Procedures:

1. Preheat oven to 350F and lightly grease a square glass-baking dish.
2. Combine the coconut oil and chocolate chips in a double boiler over medium-low heat.
3. Cook until the chocolate is melted while stirring.
4. Stir smoothly then remove from heat and set aside.
5. Beat the eggs together with the sugar, vanilla extract and salt in a bowl.
6. In another bowl, mix the almond flour and coconut flour.
7. Combine the dry ingredients into the wet ingredients then whisk in the chocolate mixture.
8. Stir in the cherry preserves and fold in the chopped cherries.
9. Pour the batter into the prepared dish and spread evenly.
10. Bake for about 25 to 30 minutes until the center is set.
11. Let it cool for about an hour before slicing and then serve.

4.15. Coconut Flour Bread



Ingredients:

- 6 large eggs
- 1/2 cup coconut oil, melted and cooled
- 1 tablespoon honey
- 3/4 cup coconut flour
- 1/2 teaspoon salt
- 1 teaspoon (aluminum and corn free) baking powder

Procedures:

1. Preheat the oven to 350 °F.
2. In a mixing bowl, combine the eggs, coconut oil and honey.
3. Mix until all the wet ingredients are well combined.
4. Add coconut flour, baking powder and salt to the wet mixture gradually and mix until the batter is smooth.

5. Allow the batter to sit for 5 minutes.
6. Pour batter into a greased bread pan.
7. Bake the bread for about 35-40 minutes until the top is golden brown and a toothpick inserted into the middle comes out clean.
8. Allow to cool sufficiently to serve or store.

4.16. Pumpkin Pie with Coconut Flour Crust

Pumpkin Pie with Coconut Flour Crust



Ingredients:

- 1 coconut flour pie crust, baked (see recipe below)
- 2 cups organic pumpkin puree, fresh
- 3 large eggs
- 1/2 cup honey
- 2 teaspoon cinnamon
- 1/4 teaspoon nutmeg
- 1/4 teaspoon ground cloves
- 1 tablespoon vanilla extract

Procedures:

1. Preheat oven to 350 F.
2. Combine pumpkin puree, eggs, honey, and vanilla and spices together in a bowl. Mix until all the ingredients are well-blended.

3. Pour the pumpkin mixture into cooled cooked pie crust.
4. Cover the edges of pie crust with foil or a pie crust cover.
5. Bake pumpkin pie for 45 minutes or until the pie is golden brown and the center is set.
6. Serve hot or refrigerate

4.17. Cranberry Walnut Bread

Cranberry Walnut Bread



Ingredients:

½ cup coconut flour

¼ teaspoon sea salt

1 teaspoon baking soda

5 large eggs

½ cup coconut oil (or organic canola oil)

½ cup honey

1 tablespoon vanilla extract

1 cup frozen cranberries

½ cup walnuts, chopped

Directions:

1. Place coconut flour, salt and baking soda in a food processor

2. Blend ingredients together by pulsing
3. Pulse in eggs, coconut oil, honey and vanilla
4. Remove the blade from the food processor and stir in cranberries and walnuts
5. Pour batter into (2) greased 7.5 x 3.5 loaf pans
6. Bake at 350° for 35 minutes
7. Cool and serve

5. A Word About Coconut Flour

Coconut flour is nothing more than dried coconut ground into a powder. This type of flour is actually a byproduct of the process through which coconut milk is pressed. To make coconut milk, the meat of the coconut is pressed – this process leaves behind bits of solid coconut meat, which are then dried, and ground into powder to make coconut flour.

Coconut flour is favored by individuals following a Paleo diet as well as those suffering from gluten sensitivities or Celiac disease. This type of flour is an excellent alternative to wheat-based flours, particularly for individuals following a gluten-free diet. It has a much lower glycemic index rating than wheat flour.

Coconut flour can be used for a variety of cooking and baking applications and it provides several health benefits that wheat flour does not offer. There are, however, a few ways in which coconut flour can be more difficult to use than traditional wheat-based flours

If you are following a strict healthy lifestyle, then you would want to consider "coconut" as a regular part of your diet.

One of the biggest appeals of this type of flour is that it is completely gluten-free as well as Paleo-friendly and vegan/ vegetarian. It consists of the highest percentage of dietary fiber that can be found in any flour. Due to its high-fiber content, coconut flour doesn't spike your blood sugar as quickly as grain-based flour does.

Coconut flour is rich in protein responsible to help body cell repair and growth. Coconut flour contains lauric acid---a saturated fat known to treat viral infections such as; influenza, common cold, genital herpes, bronchitis, and also promotes good skin health. In foods, lauric acid can be used as a shortening, while in manufacturing it is used to make soap and shampoo.

Coconut flour is an exceptionally good source of manganese, which helps you to better utilize many nutrients including choline and biotin, vitamin C and thiamin. Manganese also supports bone health, nervous system function, and thyroid health and helps to maintain optimal blood sugar levels.

Coconut flour is a gluten-free "flour" that is essentially dried coconut in powdered form. It is made from the coconut solids that are left over after the meat been used to produce coconut milk. The solids are ground into a very fine powder. Coconut flour has a mild coconut scent suitable for flour-baked goods.

6. FDA Disclaimer

*** These statements have not been evaluated by the Food and Drug Administration. This product is not intended to diagnose, treat, cure, or prevent any disease.**

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